

a main body having a bottom, a central portion, [and] adjacent side portions,  
[said main body further including] and a rear surface, the rear surface comprising:

a plurality of spaced apart [ramp] ramps and [recessed areas] recesses  
that collectively provide compressive support at the central portion of the main body  
that is focused upon the sacrum and lesser compression in a release area located  
adjacent each side of that central portion that applies less force on muscles adjacent  
the sacrum.

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5. (Amended) [The] A portable sacral support [of claim 1], comprising:

a main body having a bottom, a central portion, adjacent side portions,  
and a rear surface, the rear surface comprising:

a plurality of spaced apart ramps and recesses that collectively  
provide compressive support at the central portion of the main body that is focused  
upon the sacrum and lesser compression in a release area located adjacent each side of  
that central portion that applies less force on muscles adjacent the sacrum, wherein said  
central portion includes a recess and said support further includes one or more inserts  
of varying levels of compressibility that can fit into said recess and which is additive to  
the compressibility of said central portion when positioned within said recess.

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28. (Amended) A portable sacrum support, comprising: a main body provided  
with at least a central portion including a recess therein; and at least one insert  
removably placed within said recess.

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32. (Amended) A portable sacral support, comprising: a main body having a  
bottom,